

**Diabetes CheckMate** is designed to help you, a person with diabetes, become more aware of and involved in your own treatment. Take it during each visit with your doctor—first to establish goals and, later, to keep track of your progress.

Controlling diabetes is a job for the whole health care team: doctors, nurses and, especially, patients. Standards of care developed by the American Diabetes Association (ADA) provide a treatment guide for the team. Your doctor is familiar with the ADA standards and, now with **CheckMate**, so are you. Brief explanations of some standards, known as **CheckPoints**, can be found on the back panel.

Good luck, and good care! These guidelines are subject to change. If you have questions about CheckMate or the ADA standards of care, ask your doctor or nurse, or contact the American Diabetes Association at **1-800-DIABETES (1-800-342-2383)**, or visit online at **www.diabetes.org**.

Copies of this document can be ordered from Medical Review of North Carolina, Inc., 1-800-682-2650, ext. 2201, or online at **www.mrnc.org/orders**.

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## Descriptions for patients of some of CheckMate's CheckPoints:

**HbA1c** This blood test measures how well your blood sugar has been controlled over the previous few months.

**Cholesterol** Controlling your cholesterol is important in prevention of heart disease.

**Eye exam** Diabetes is a leading cause of blindness. If you don't have an eye doctor, ask your doctor to recommend one.

**Foot exam** Foot problems are common in people with diabetes. Help your doctor check for warning signs by removing your shoes and socks during each visit.

Diabetes CheckMate is a collaborative effort of:



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Name: \_\_\_\_\_


diabetes diagnosis

☐ Type 1 ☐ Type 2

# diabetes

check✓mate

*A medical visit guide to help  
people with diabetes manage  
their disease and prevent  
complications.*

	Standards		Patient Goals	Date: Visit Values	Date: Visit Values	Date: Visit Values	Date: Visit Values
	Goals	How Often					
Eye Exam (dilated)		yearly					
HbA1c (blood test)	less than 7%	2-4 times/year					
Urine Test (microalbuminuria)		yearly					
Foot Exam		every visit					
Weight		every visit					
Blood Pressure	less than 130/80	every visit					
Nutritional Assessment/Instruction		every visit					
Diabetes Education		at least yearly					
Lipid Profile:							
Total Cholesterol (blood test)	less than 200	yearly					
HDL Cholesterol (blood test)	At least 55 for women, and 45 for men	yearly					
LDL Cholesterol (blood test)	less than 100	yearly					
Triglycerides (blood test)	less than 200	yearly					
Influenza Vaccine		yearly					
Pneumococcal Vaccine	Age less than 65: primary vaccinatn. Age greater than 65: once or possible revaccination.						

This tool is intended to be used in cooperation with your physician. It is not a substitute for regular medical appointments.